June 22-August 12



ZUMBA® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing and awe-inspiring movements.

- Tuesdays at Council Chambers
- Thursdays at Council Chambers
- •12:00PM-12:45PM

## ZUNBA

## YOUR TOTAL BODY WORKOUT

ZUMBA® provides a total body workout in one session and makes exercise fun. The music is lively and the mood is incredibly upbeat in a ZUMBA® exercise class. Time goes by quickly because the dance routines are anything but boring.



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